

DATE: August 25, 2020

FOR IMMEDIATE RELEASE:

**St. Lawrence County Office for the Aging Offering
Free Range of Motion Fitness Class to Older Adults**

The St. Lawrence County Office for the Aging is partnering with Cornell Cooperative Extension to offer a free, Range of Motion Fitness Class to older adults; September – December. Range of Motion classes will help improve mobility, muscle strength and functional ability via a variety of chair exercises. Participants can use dumbbells, water bottles or soup cans as weights. This class will be held via Zoom every Tuesday at 1:00 pm – starting September 15th. Clients must have a computer or smartphone and be registered for the program in order to receive the Zoom invitation link. Please call Chiara at 315-386-4730 to register.

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About St. Lawrence County Office for the Aging:

The Office for the Aging provides service and advocacy for county residents 60 years and older. Programs and services includes: Nutrition Centers and Home Delivered Meals; Health Promotion, Computer Classes, Home Care Services; Family Caregiver Support; Medical Transportation; Legal Services; Health Insurance Information Counseling and Assistance. The Office's mission is to develop a service system specifically designed to best meet the social and human needs of the elderly.

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